

Massachusetts

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

The Epidemic

55% of Massachusetts adults are overweight or obese. (CDC BRFSS, 2002)

18% of non-Hispanic white adults, 30% of non-Hispanic black adults, and 22% of Hispanic adults in Massachusetts are obese. (CDC BRFSS, 2002)

24% of Massachusetts high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 2003)

The obesity rate among Massachusetts adults increased by 81% from 1990 to 2000. (CDC BRFSS, 1990, 2002)

Recent Accomplishments and Products

- Completed 5-2-1 Go! in 13 public and private schools across the state.
- 12 schools participated in Healthy Choices.
- Created a directory of pediatric overweight treatment programs across the state.
- Added nutrition/physical activity questions to a MDPH Bureau of Substance Abuse Services health survey of middle and high school students.
- Developed new regulations requiring more physical activity for children in state regulated child care.

New Partners

Mass. School Food Service Association
Boston STEPS
Massachusetts Association of Health Plans
Massachusetts Highway Department
Massachusetts Parks and Recreation
National Park Service
Mass Bike Coalition
United Way of Mass Bay
U. of Massachusetts Extension Service
YMCA Alliance

Program Priorities

The Massachusetts Partnership for Healthy Weight has completed a 5-year statewide plan, *The Health of Massachusetts: A Coordinated Response to Overweight and Obesity*, focused on policy and systemwide approaches to increasing healthy eating and physical activity. Work groups are focusing on

- Infrastructure.
- Policy/advocacy curriculum development.
- School-based health centers and enhanced school health services.
- Worksites
- The elderly

A report on the burden of obesity, *The Health of Massachusetts: Impact of Overweight and Obesity*, has also been completed.

One major intervention is currently underway: 5-2-1 Go!, a school-based overweight prevention initiative that uses the Planet Health curriculum. Baseline data have been collected on 95% of students enrolled in the program.

Upcoming Events and Products

- Mini-grants to 12 schools for Healthy Choices.
- A program Web site.
- A report on *The Burden of Obesity in Mass.*
- A community-based intervention to increase the development of community walkways.
- A conference for school food service staff on their role in overweight prevention.
- Training of child care providers using the H.E.A.L.T.H.Y. KIDS curriculum.

Project Period: 2003-2008

Year First Funded: 2000

Funding Stage: Basic Implementation

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